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Students will look at Hygiene Skills

### 1. Hygiene & Simple Skills

### 2. Food Safety

Food Storage

#### Recipes

- Wholemeal Bread Rolls
- Calzones
- Cheese Turnovers

- Washing Up
- Weighing and Measuring
- Chopping Techniques

### 3. Health & Lifestyle

Student will learn about living a Healthy Lifestyle and learning to Cook Healthy Meals.

### 6. Food Provenance

- Where does food come from?
- British cuisine
- International cuisine

### 4. Nutrition

Nutrients/Carbohydrates/Proteins/Energy

#### Recipes

- Bread Rolls
- Pizza
- Flapjack

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### 1. Food Safety

Students will re-cap their Hygiene Skills and their knowledge of these skills.

4 C's > Cleaning - Cooking

### 2. Food Hygiene

#### Recipes

- Chicken Curry
- Paella
- Meatballs
- Chocolate Muffins

### 4. Food choice

Calcium

### 3. Nutrition

Dietary Fibre

Fat

Protein

Macro & Micro Nutrients

Sugars

### 5. Food Commodities

Types of establishments, types of food service, hotel and restaurants ratings

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### 1. Introduction to Hospitality and Catering

#### Recipes

- Pancakes
- Quiche
- Chilli
- Swiss Roll

### Assessment

### 2. Food safety and Legislation

Allergen and intolerances, food safety legislation, EHO



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### Evaluation

Unit 2  
60% Practical Exam

### Hospitality and Catering

### Nutrition

How to present food

Menu planning

Knife skills

Cooking skills

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Hospitality and catering provision

Food safety

Health and safety in hospitality and catering

How hospitality and catering providers operate

Unit 1  
40% Written exam

How will your Journey continue...?

